

# Mouthwatering Oven-Fried Fish

Fried fish? That can't be healthy. But this low-cal, low-fat recipe really is.



The word “fried” doesn’t seem to go hand-in-hand with “healthy,” right? Here’s one “fried” food that is made with healthy ingredients. Try this recipe with any kind of fish.

## Ingredients:

- 2 lbs fish fillets
- 1 T lemon juice, fresh
- 1/4 cup nonfat milk or 1% buttermilk
- 2 drops hot pepper sauce
- 1 tsp garlic, fresh minced
- 1/4 tsp white pepper, ground
- 1/4 tsp salt
- 1/4 tsp onion powder
- 1/2 cup cornflakes, crumbled, or regular bread crumbs
- 1 T vegetable oil (for greasing baking dish)
- 1 lemon, fresh, cut in wedges

## Nutrition Facts

Yield 6 servings

Amount Per Serving

**Calories** 183

**Fat** 2 g

**Saturated fat** 1 g

**Cholesterol** 80 mg

**Sodium** 325 mg

## Preparation:

Preheat oven to 475 degrees F. Wipe fillets with lemon juice and pat dry. Combine milk, hot pepper sauce and garlic. Combine pepper, salt and onion powder with cornflake crumbs and place on a plate.

Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish. Arrange on lightly oiled shallow baking dish. Bake 20 minutes on middle rack without turning. Cut into 6 pieces. Serve with fresh lemon.

**Serving size:** 1 cut piece

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Recipe Source: myOptumHealth



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